

# CISM: Individual Crisis Intervention & Peer Support

**Feb. 23-24, 2012**

**8:00am to 4:30pm  
each day**

**Course to be held at  
The Sheriff's Training  
Center**

**10319 E Appleway  
Spokane Valley, WA**

**Only \$125 when you  
Register on-line at  
spokanecism.org**

**Questions?**

**Call (509) 477-6625**

## **Course:**

Crisis intervention is NOT psychotherapy; rather it is a specialized acute emergency mental health intervention which requires specialized training. As physical first-aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first-aid." Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. Topics to be covered include: The role of the individual crisis intervention in the comprehensive CISM program; Terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention; Differential utilities of selected crisis communication techniques; Demonstration of selected crisis communication techniques; Psychological reactions to crisis and trauma; SAFER protocol for individual crisis intervention and its role in comprehensive CISM; Demonstration of the use of SAFER protocol for individual crisis intervention; Review of common problems encountered with individuals in crisis.

## **Instructor:**

Course will be taught by ICISF instructor Barbara R. Wharton, RN, BSN, MEd. She currently is a chaplain for the Spokane County Sheriff's Office, serving deputies and their families for the past 6 years. She has served 6 years in the US Army, has worked in Intensive Care Units and Emergency Rooms as an RN for more than 30 years, and is a Master's prepared Mental Health Counselor. She has taught on a wide variety of subjects including stress related topics for more than 20 yrs.

## **Course intended for anyone dealing with crisis including:**

- **Law Enforcement-Corrections-Dispatch-Parole & Probation**
- **Fire-EMS-Emergency Room Staff**
- **Chaplains-Crisis Counselors-Supervisors**
- **Mental Health-Medical Personnel-Family Support**

**This is an official *International Critical Incident Foundation* course**



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